BRUNCH

le cose che amiamo

"The things we love"

LIFT ME UP FAVOURITES

Cinnamon Bun French Toast | 22
Famous homemade cinnamon bun | Flavours vary daily —ask your server for today's features!
Raspberry compote, pistachio, maple syrup

Mascarpone Crepe | 20 | GF +3
Mascarpone cream mousse, caramelized peach, hazelnut crumble, maple syrup

Brunch Burger | 25 | **GF +3**
House-made Beef patty, bacon (pork), cheddar, onion rings, sunny side egg, adobe aioli, lettuce + tomato on homemade milk bun with maple spiced potatoes

Pulled Chicken Bowl | 25 | **GF Available**
Pulled Chicken, with 2 poached eggs, maple spiced potatoes, hollandaise

Applewood Smoked Bacon Crepe | 22 | **GF +3**
Applewood bacon (pork), 3 eggs, sautéed spinach, jalapeño Havarti + hollandaise

Chicken Waffle Benny | 25
Pulled chicken | *Or deep-fried chicken +3* |
Poached eggs, aged cheddar, hollandaise + radish, on a waffle

BRUNCH ESSENTIALS

Belgian Waffle | 21
Waffle, mascarpone cream mousse, berry maple compote, berries, meringue + maple syrup

Soufflé Pancakes | 19
Four soufflé pancakes topped with mascarpone cream and berry compote

Lift Me Up | 20 | **GF +3**
Two eggs, croissant, maple spiced potatoes, choice of Italian sausage (pork) OR bacon (pork)

Smoked Salmon & Asparagus Risotto | 25 | **GF**
Smoked sockeye salmon, butter sautéed asparagus, garlic, red onion + parmigiano on risotto

ADD-ONS

Maple Spiced Potatoes | 6

Bacon (pork) | 7

Prosciutto (pork) | 6

Smoked Salmon | 10

Italian Sausage (pork) | 6.5

Pulled Chicken | 7

Grilled Chicken | 6

Crispy Chicken | 8

EGGS BENNY

Two poached farm fresh eggs & hollandaise with side of maple spiced potatoes | **GF +3**

Smoked Salmon | 24
Smoked salmon + spinach on an English muffin

Avocado | 23
Crushed avocado spread, lemon, honey, chilli flakes + onion rings on a slice of Lift Me Up sourdough

Beef Brisket | 23
Beef braised with caramelized onions + bell peppers on an English muffin

Prosciutto | 22
Prosciutto (pork) + jalapeño havarti on an english muffin

SANDWICHES

Make **GF +3**

The Canadian Sandwich | 19
Crispy prosciutto (pork), boiled eggs, stracciatella cheese, spicy mayo, shaved parmesan on a fresh croissant | GF +3

Roasted Veggie Breakfast | 22 | Vegan available
Avocado, mozzarella, grilled pepper, onion, mushroom + mayonnaise on Focaccia

La Crema | 19
Milk bun, smoked salmon, brie cheese, cream cheese spread, avocado, red onions

BREAKFAST BOWLS

Two poached farm fresh eggs & hollandaise on maple spiced potatoes | **GF Available**

Beef Brisket Hash | 25
Beef braised with bell peppers + caramelized onions on maple spiced potatoes

Kale Avocado Hash | 24 | Vegan 22
Sautéed kale + mushroom with avocado on maple spiced potatoes

Calamari Hash | 24
Battered & fried calamari on maple spiced potatoes *Not GF*

Pulled Chicken Bowl | 25
Pulled Chicken on maple spiced potatoes

OMELETTES

With three eggs, maple spiced potatoes + Artisan toast | **GF +3**

Beef Brisket | 22
Beef braised with onion & bell pepper + goat cheese

Grilled Veggie | 21
Grilled bell pepper, mushroom, onion & zucchini + jalapeño havarti

Tomato & Feta | 21
Tomatoes, garlic, spinach & feta

FOCACCIA SANDWICHES

Rustico Italiano | GF +3 | 19
3 types of salami (pork), torched gouda cheese, stracciatella cheese, roasted cherry tomatoes, arugula, and spicy mayo on focaccia

Caprese | GF +3 | 19
Bocconcini cheese, stracciatella cheese, torched cherry tomatoes, pesto, chilli oil, arugula & balsamic reduction

Il Sogno | GF +3 | 20
Smoked chicken, stracciatella cheese, torched gouda, apricot spread, balsamic glaze + arugula on focaccia

Fior di Toscana | GF +3 | 20
Prosciutto (pork), stracciatella cheese, roasted cherry tomatoes, fig spread, balsamic glaze, arugula + crushed pine nuts on focaccia

Mon-Fri: 8am-12:00 | Sat-Sun: 8am-2pm

LUNCH & DINNER

APPETIZERS

Spicy Olives | 8

Truffle fries | 12
Grated parmesan with truffle oil on house-made fries + truffle aioli

Arancini | Vegan available | Half **11** | Full **22**
Six fried risotto with parmigiano, mozzarella + arrabbiata sauce

Whipped Feta | GF available | Half **12** | Full **18**
Creamy feta with herbs & olives + crostini

Burrata Fritta | GF alternative | **24**
Fried Burrata served on a bed of creamy, sun-dried tomato velouté + toasted bread

Carpaccio | GF available | **22**
Beef striploin, arugula, fried capers, lemon aioli + Grana Padano with crostini

Baked Brie | GF available | **22**
Warm brie with fig jam + crostini.

Bruschetta | GF available | Half **9 |** Full **18**
Tomato, garlic, basil, extra virgin olive oil + sea salt on toasted bread **(Vegan)**

Calamari Fritti | Half **11 |** Full **21**
Battered & fried calamari with Italian spiced aioli

Rosemary Ricotta |GF available | Half **12**| Full **19**
Whipped goat ricotta, rosemary, olive oil, sun-dried tomato pesto + toasted baguette

Beet Hummus | GF available | Half **11** | Full **19**
Whipped goat ricotta, rosemary, olive oil, sun-dried tomato pesto + toasted baguette | GF available

Charcuterie | GF available | Half **22 |** Full **35**
Italian cured meats (pork & beef), hard & soft cheeses, olives, bruschetta, grapes, mustard + jam with crostini

Meats board | GF available | **20**

Cheese board | GF available | **19**

SALADS & MORE

Tuscan Chickpea Kale Salad | 21| **GF**
White beans, chickpeas, baby kale, artichokes, sun-dried tomatoes, avocado, parmesan+ lemon walnut dressing Add grilled chicken +6

Quinoa & Sweet Potato Power Bowl | 20 | **GF**
Roasted sweet potatoes, quinoa, avocado, tomato, red pepper, feta + Balsamic dressing
Add chicken | +6

Bocconcini | 19 | GF
Cherry tomato, bocconcini, arugula, basil, basil olive oil dressing + Balsamic glaze
Add prosciutto (pork) or grilled chicken | +6

Beet & Goat Cheese| 22 | **GF**
Mixed Greens, beets, fresh goat cheese, sunflower seeds, roasted walnuts + balsamic vinaigrette
Add prawns | +10

Kale Caesar | 18
Baby kale, romaine, capers, parmesan + croutons with signature Caesar dressing
Add prosciutto (pork) or grilled chicken | +6

Soup of the Day | Only available Mon-Fri
Cup - 7 | Bowl - 9

Bread + House-made infused oil | 8
Bread from Lift Me Up Bakery
with house-made infused dipping oil

SANDWICHES & MORE

Served with potato wedges or side salad
Or elevate to a side of soup | +3
Or specialty salad (Beet, Bocconcini, Kale Caesar) | +4

Goat Cheese Panini | 19 | **GF +3**
Avocado, caramelized apple, arugula + spicy honey on ciabatta | Add pulled chicken +7

Chicken Burger | 24 | **GF +3**
Breaded chicken breast, caramelized apple, brie, arugula + dijon aioli on a brioche bun

Braised Brisket Panini | 24 | **GF +3**
Beef braised with bell pepper & onion, Havarti + aioli on ciabatta

Italian Gourmet Smash Burger | 24 | **GF +3**
House-Made beef patty, crispy bacon (pork), caramelized onion, fried smoked gouda, lettuce, tomato + adobe aioli on a brioche bun | **Double** 27 |

Rustic Veggie Sandwich | 23 | Vegan +2
Grilled mushroom, zucchini, bell pepper, onion, mayonnaise + spicy havarti on fresh focaccia

ENTREES

Available after 4pm

Creamy Sun-dried Tomato Chicken | 37
Creamy, sun-dried tomato pan seared chicken breast served with lemon risotto + seasonal veggies

Roasted Greek Lamb | 48 | **GF**
Roasted greek lamb, mashed potatoes + seasonal veggies

Mild Chili-rubbed Salmon | 42 | **GF**
Smoked paprika garlic chili salmon + avocado yoghurt crema, lemon risotto + sautéed seasonal vegetables

Red Wine Braised Beef Short Rib | 45 | **GF**
8oz fork tender short rib, slow braised in red wine sauce on mashed potatoes + seasonal vegetables

PASTA

Pasta made in house | All pastas are topped with **parmesan |** Risotto **+2 |** Tortellini **+3 |** Make it **GF +3**

Pasta alla Vodka | Half **16** | Full **23**
Rigatoni, crispy pancetta (pork), spicy tomato marinara sauce with cream & vodka | Vegan available | 20

Sambuca Rose | Half **15** | Full **22**
Rigatoni, Rose sauce + Sambuca sauce

Smoked Salmon Kale Pesto | Half **19** | Full **27**
Spaghetti, fried kale, smoked salmon, spinach, roasted pistachio, garlic, cream + cilantro | **Vegan 22**

Coconut Curry | Half **15** | Full **23**
Rigatoni, grilled zucchini, red pepper, mushroom, onion + coconut curry sauce

Carbonara | Half **17** | Full **25**
Spaghetti, crispy pancetta (pork), cream + egg yolk sauce

Bolognese | Half **16** | Full **24**
Spaghetti, Alberta ground beef, carrot, celery, tomato, onion, garlic + red wine

Aglio Olio | Half **11** | Full **17**
Spaghetti, garlic, chilli flakes, salt, pepper + extra virgin olive oil **| Vegan available**

Crispy Chicken Alfredo | Half **17** | Full **25**
Rigatoni, Parmesan breaded chicken, Alfredo sauce

Wild Mushroom Chicken | Half **16** | Full **24**
Rigatoni, grilled chicken, wild forest mushroom, garlic & cream sauce

Pesto Rosso Salsiccia | Half **16** | Full **24**
Rigatoni, Italian sausage (pork), sun-dried tomato pesto & cream sauce, arugula + walnut crumble

Bison Lasagna | 26
Bison ragu, mozzarella, ricotta, feta, parmigiano + tomato passata, with garden salad *not GF*

Baked Cheese Tortellini | 25
Baked tortellini, chicken, mascarpone, cheesy cream sauce *not GF*

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3 types of salami (pork), torched gouda cheese, stracciatella cheese, roasted cherry tomatoes, arugula, and spicy mayo on focaccia

Caprese | GF +3 | 19
Bocconcini cheese, stracciatella cheese, torched cherry tomatoes, pesto, chilli oil, arugula & balsamic reduction

Il sogno | GF +3 | 20
Smoked chicken, stracciatella cheese, torched gouda, apricot spread, balsamic glaze + arugula on focaccia

Fior di toscana | GF +3 | 20
Prosciutto (pork), stracciatella cheese, roasted cherry tomatoes, fig spread, balsamic glaze, arugula + crushed pine nuts on focaccia

PIZZA

Make it **GF +3**

Margherita | 17
Tomato passata, mozzarella + basil

Bresaola | 24
Tomato passata, mozzarella, fresh bresaola, arugula + shaved parmesan & olive oil drizzle | Add Burrata + 4

Prosciutto & Mushroom | 25
Tomato passata, mozzarella, mushroom, topped with fresh prosciutto (pork), burrata, arugula & Grana Padano

Hot honey Quattro Formaggi | 20
Mozzarella, gorgonzola, feta, parmesan, sweet chilli honey drizzle

Roasted Vegetables | 21 | Vegan +2
Tomato passata, mozzarella, Grana Padano, roasted pepper, mushroom, zucchini + onion

Pepperoni | 22
Tomato base, mozzarella, pepperoni (pork)